

Dumont Annual 5K Run

Proceeds to benefit Dumont Cares Fund

SATURDAY, SEPTEMBER 1, 2012
DUMONT HIGH SCHOOL, DUMONT, NJ

5K Run
1 1/2 Mile Run/Walk
1/2 Mile Kids Sprint to the Finish (5-10 years)

5K Run - Trophies for 1st, 2nd, 3rd overall M/F plus 14 & under then 5 year age groups to 70+
1 1/2 Mile Run/Walk - Trophies for 1st, 2nd, 3rd M/F Runners - ages 12 and under
1/2 Mile Kids Sprint to the Finish - Trophies for 1st, 2nd, 3rd M/F - 5-7 & 8-10 age groups
Medals to 1st 75 Kid Sprinters and 1 1/2 Mile Run/Walk Finishers

Entry Fees prior to August 1st:

- 5K Run - \$20 (Students & Srs. 60+ \$15)
- 1 1/2 mile Run/Walk -\$15 (\$10-12 yrs & under)
- 1/2 Mile Kids Sprint to the Finish - \$10

Entry Fees After August 1st:

- 5K Run - \$25 (Students & Srs. 60+ \$20)
- 1 1/2 mile Run/Walk -\$20 (\$15-12 yrs & under)
- 1/2 Mile Kids Sprint to the Finish - \$15

Course (subject to change)

- ❖ Flat and fast with few hills ❖ Strollers and baby joggers welcome in 1 1/2 mile walk ❖
- ❖ No Skates, bikes, roller blades or pets ❖ Certified by USA Track and Field ❖

For more information contact:

Allen Dickon: (201) 376-3187, Rafael Riquelme (201) 376-8234 or Harry Stylianou: (201) 956-1295

Amenities

- ❖ T-Shirt and gift bags while supplies last ❖ Athletic Trainer and Ambulance on site ❖

Check-in Time of Run at High School

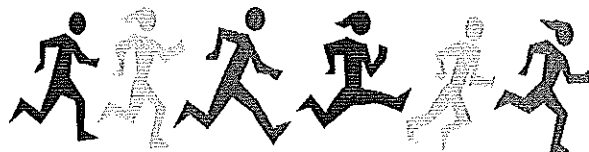
- 1/2 Mile Kids Sprint (ages 5-10)
- 1 1/2 Mile Run/Walk
- 5K Run

7:00-8:45 a.m.

8:00 a.m.

8:30 a.m.

9:10 a.m.



Make all checks payable to: Dumont Annual 5K Run

Mail to Ellen Zamechansky, 77 Randolph Ave. Dumont, NJ, 07628

Early Bird if Postmarked by 8/1/12

Official Entry Form for the Dumont Annual 5K Run

() 5K Run () 1 1/2 Mile Run/Walk () 1/2 Mile Kids Sprint to the finish
Last Name _____ First Name _____ Phone () _____
Street Address _____ City _____ State _____ Zip _____
Date of Birth ____/____/____ Age on Race Day ____ Sex: M ____ F ____ Email _____
T-Shirts: Kids: M ____ Adults: S ____ M ____ L ____ XL ____

RELEASE: I know that running a road race is a potentially hazardous activity and that I should not enter unless I am medically able and properly trained. I agree to abide by any race official relative to my ability to safely complete the run. I assume all risks associated with running this event including but not limited to: falls, contact with other participants, the affect of the weather, including low or high temperatures/humidity, traffic, the conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I myself and anyone entitled to act on my behalf waive and release the Borough of Dumont, it's officers, members, race volunteers, it's Departments, employees and all sponsors, their representatives, employees and successors from any and all claims and liabilities of any kind arising out of my participation in this event or carelessness of the persons named in this waiver. ** No refunds given on day of race.**

Signature (if 18 or old) _____ Date ____/____/____

Parent or Guardian Signature (if under 18) _____

Sponsorship Application

7th Dumont Annual 5K Run

Saturday, September 1, 2012

Get your running shoes out. It's time to get yourself ready for the 7th Annual Dumont 5K Run. As in years past, all net proceeds will help those Dumont residents who need it the most.

Events:

- **5K Run**
- **1 1/2 Mile Run/Walk**
- **1/2 Mile Kids Sprint to the Finish (5-10 years)**

Sponsor Choices:

Orange: \$300.00 – Includes company name or logo on all 500+ event shirts worn by competitors. There will be a sign with your company's name strategically placed on race day for maximum exposure. You are entitled to 4 free participants in any of the race day events.

Company name or logo, as you would like it to appear (or attached business card):

White: \$100.00 – Includes company name on all 500+ event shirts worn by competitors. You are entitled to 2 free participants in any of the race day events.

Company name as you would like it to appear:

Please make checks payable and mail to:
Dumont Cares Fund, c/o Ellen Zamechansky
77 Randolph Avenue, Dumont, NJ 07628

The Dumont Cares Fund was created to benefit the citizens of Dumont: specifically, to assist families who, because of a recent tragedy, are in need of financial assistance.